

Abstract

Title: The most commonly used techniques in judo competitions in the world.

Objectives: The main aim of this work is to find out which the most commonly used techniques in judo competitions in the world. Define a list of the most commonly used techniques before the rules change and after the rules change. Furthermore to find out the most commonly used techniques by countries in these competitions.

Methods: The author used various methods of data collection and the analysis of technical bibliography which was focused on general sports preparations, observation method, analysis of documents captured in the written or videos form. The materials and the bibliography were analyzed and structured according to applicability to the specific subjects.

Results: The results of this paper emphasize the most commonly used techniques in judo competitions in the world before the change rules of judo is technique seoi nage and after the change rules is uchi mata. Among the most technical of the country in these competitions include Japan, Korea and Russia. The most commonly used technique for Japan is uchi mata, Korea is seoi nage and for Russian is keashi waza.

Keywords: judo, technique, world cup